

“Making the Most of your Mentor”

Once you have arranged to meet with your mentor in a comfortable environment, here are some tips - some topics and questions - to get the conversation going.

1. Your career and life goals.

Share your IDP (individual development plan) with your mentor/s. This should be revised yearly - think of it more as a (my) Annual Plan (MAP!)

2. Teaching

What sort of teaching should I be doing? How do I build a good lecture list?

How do I find out whether my lectures are well received?

How do I get more training in lecturing?

How do I get involved? How do I get invited to speak at meetings/CME courses?

3. Research

How do I get access to / create research opportunities?

How do I start collaborations with clinicians?

I can't seem to get papers going – are there any courses to help me plan? To write?

4. Service

What committees should I be involved with?

How do I get involved with my Radiology societies?

How often should I be reviewing articles for journals? Which journals?

5. Day to Day – Job Satisfaction

I don't know how to deal with Dr X – can you help me?

I am not getting protected research time – can you help me?

I don't know how to prioritize projects / time / work /life – can you help me?

6. CV Development

How does my CV look?

Where it is lacking or not well articulated?

To give your mentor/s 'read-only' access to your CV on UCSF Advance:

- Go to **Advance.ucsf.edu**
- Beneath your name, select the blue title word **“Proxy”**
- Type in the name of your mentor and select **Search**
- Select the mentor, they will be added to your proxy access list, then check the box marked **“Read”**, and **“Save”**.
- At any time you can edit this.